

TEAM JACK

Well this is it...it's here... the third and final **TEAM JACK** Marathon Relay. Why the 'final' you ask... I told Jack the year he was diagnosed that I would run the **TEAM JACK** Marathon until his treatment protocol was over... and YES Jack is in his final year of treatment with a completion date set of June 29th, 2012. So – as any mother would... I have to follow through with my promise.

A bit of a glitch this year – but YES we are still off and running and walking the 42.2 kilometer distance (all in the same day!). I have been struggling with a bit of an injury so of course really thought I shouldn't but know that I couldn't ... so here we go...BUT if in any event that I 'ran' into trouble... the relay goes on... So – with a rational back up plan in place... I know all will be well.

So YES this is where I need you...

Would you like to participate...? I would love for you to be a part!

First off – how does **TEAM JACK** work?

I will begin the marathon at 6:30am on Sunday, October 9th. At every kilometre a new **TEAM JACK** team mate will join me holding the torch (aka **TEAM JACK** hockey stick)... in the past two years people have joined as singles, couples, families and groups of friends... walkers and runners welcome. We try to raise a minimum of \$100/kilometre – yes the person(s) that walk or run a kilometre fundraise for that kilometre with all proceeds going to the VGH pediatric oncology services and in particular right now in efforts to raise money for the much needed

isolation room. But please keep in mind... it's not 'all about the money'... yes money helps to have things built that are needed but your presence also spreads the awareness of greater needs and services that are needed for the support of pediatric care right here in our own hospital.

Can you continue to walk or run after your kilometre is done... ? Well I think I would suggest you ask past (and of course always present) members Steve, Lisa, Kathi, Kari, Shannon & Amanda... and I know many many more than just kept going and ran almost their own marathons!!! It is a very empowering experience that seems to keep us all going... as really we are all moving to help kids with cancer. How could we stop?!

So how do you become a **TEAM JACK** member:

You have options!

1. You can choose what kilometre you would like to join me in... let me know if you are a runner or a walker... YES I love both! I am also attaching for you a rough estimate of times and places of where kilometre transitions occur. I will send out a final **TEAM JACK** roster once it's complete and you will have a point and time to be ready at on the 9th!
2. You could do the distance yourself... and register! Go to www.royalvictoriamarathon.com and register into any of the distances; the 8k, the ½ marathon (21.1 km), the full marathon (42.2 km) and the kid's run. BUT please make sure you register under **TEAM JACK**. I am still in need of an 8k **TEAM JACK** Captain. Once I have my 8k captain you will see the **TEAM JACK** option in the team drop down listing under each event.

- *** Please note: Kathy King is the Captain of the ½ marathon distance and would LOVE to have company... she will be doing the 21.1 kilometer distance by walking and running... Join her! If you have questions of her **TEAM JACK** ½ marathon team you can email Kathy directly at kkingis@shaw.ca.
3. Email JACK at jack@westhavers4kids.com and say, “Hey Jack tell your mom I will run for kids too – sign me up for the relay!” Give me an estimated time that you would like to run or walk at.
 4. Join us at the **TEAM JACK** kick off on Saturday, October 8th at St. Joseph’s School from 4-5pm. We will make some fun out of our party – play some games, YES bring your quarters for the cans enjoy a snack, meet some team members AND pick up a **TEAM JACK** t-shirt... Please bring \$5 cash for a **TEAM JACK** shirt... this will cover the cost to have the shirts made. Please feel free to join us even if you are not able to participate in the relay☺!
 5. If you just want to make a donation to our cause you can also go to www.victoriahf.ca and select “Donate Now” to be redirected to Canada Helps secure donation site, and select **TEAM JACK** from the drop-down menu.

What is the relay really all about?

The RVM (Royal Victoria Marathon) approved my proposal back in the spring of 2009 to run alongside 40 other individuals between kilometres 2-41... Yes I have to start and finish on my own. My original dream was to motivate 40 individuals to help me raise money for childhood cancer

research. Training for my first marathon in 2009 quickly injured me and I was out 'of the running' and sadly put this vision to rest. Well...Jack's smile had not diminished through his ordeal and of course, as his stubborn mother, I wasn't accepting 'can't' for my reason. One step at a time is my only expectation... the same one we have Jack.

So here is my proposal... I hope that you can join me in making this happen...

That was 2009... and YES we did it again in 2010... you can watch our journey on YouTube at

<http://www.youtube.com/watch?v=dkFEC6HBFcA>... Thanks to Karen L. for creating it... I hope it inspires you to join us!



So... if you are sold on the idea...Please read on...

- If you are interested in walking or running a kilometre with me... let me know! If you want to do more that is great too!
- I will be starting at 6:30am on October 9th... with a very casual pace... running and walking... crawling and perhaps requesting the odd piggy

back! Please do not feel you need to perform at any particular level... we are moving in the right direction as long as we are upright! We have 7 hours to cross the finish line!

- I will be sadly missing my manager extraordinaire Kelly who will be looking after Andy (one of our sons) in a different city... 😊...gotta love hockey!...and as always thanks Kelly... I know you will be with us in spirit! I am going to try to attempt to be her... but if anyone has some extra time on the 9th – I would love the help!
- Do you have to officially pay to enter the marathon? No – I am the entrant into the event BUT... I am encouraging each leg participant of this relay to go out and raise money and awareness for the cause... we as a team want to WIN the race against childhood cancers. How much? 42.2 kilometres... could we raise a minimum \$100 a kilometre? There is no limit! BUT of course... if you want to do the whole distance... please do register and make sure you select **TEAM JACK** !
- Why? I have made up a list of reasons why I want to do this... why even more now... March 5th, 2009 Jack got up like any other ‘then’ kindergarten child and participated in his schools weekly skating class... they had a gas as it was the last class so it was all fun free time. Immediately following the class, we took him to the doctor because of some suspicious bruising... what followed from that very moment is unforgettable. At 4:35pm on that day we learned Jack had cancer. To this dates he has endured...
 - 982 doses of a variety types of chemotherapy to date
 - 3 bone marrow biopsies
 - 8 double needle leg pokes – Jack’s least favorite
 - 24 lumbar punctures

- 8 blood transfusions
- 7 platelet transfusions
- 49 nights in hospital
- A meeting on March 6th explaining your child's diagnoses that I will never forget...
- ...but he has worn an infectious smile throughout...although his body has shown great changes and effects from a nasty disease.

Jack's treatment plan would be 3 years, 3 months and 24 days in length making June 29th, 2012 his last treatment day... YEAH for JACK!

However... realistically we know there are many more faces out there that are still undergoing treatment and some that still have not learned of their future challenge. So in many other ways the race continues and so will we.

So keep in mind... every step of this 42.2 kilometer distance is not about me, or us completing the strides but about the little super heroes we are inspired by.

Once again I am injured... and really not at all trained to complete this distance, nor am I negating the fact that 42.2 kilometres is NOT a walk in the park. I will set out and do as much as I can. Jack and kids that are told they are sick, have no training for what their bodies are about to endure or how drastically their 'kid life' will change. However, I have learned a lot over the past 2.5 years from Jack, Marty, Andy & Jake (as I am sure you have from your own children) and from every new little face I have met at the hospital. I will draw from their strength.

Consider joining me on the relay... do it for the kids that cannot run or walk right now... because they are sick from their cancer... Do it because you CAN...

Let's move for them because we CAN and we will make a difference.

That is me in May of 2009. I love my hair two times completely and a mostly I just had a bit of hair. But that didn't bother me.



Because... look at me now... I am going to be stronger than cancer... Some days I don't feel very well and I still have to go to the hospital and take lots of medicine everyday but I know there are lots of other kids that don't get to come home and play with their brothers and friends. I want to run 5 kilometers this year, last year I ran almost a whole one☺. Maybe I will get to see you. Thanks for joining my team. Love Jack

They told us from the start that there would be many bumps in the road ahead... and yes this has been one bumpy ride. But with so many people helping by cheering on Jack – he seems to be riding with an indescribable strength, power and passion. Thank you... Mena...